

THE MATERIAL CULTURE

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This description of the domestic equipment relates to most of the houses in Tepoztlán. A conspicuous minority, however, as has already been indicated, enjoy elements of modern industrial civilization. A house of this limited class may possess a few china dishes, or a few glasses, some metal pans, perhaps a sideboard or a metal bed or even a phonograph. The sewing machine alone, however, among modern machines, has become a part of the general Tepoztecan material culture; it is found in all parts of the village and in houses otherwise Indian in character. 177
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Cookery¹ has been but slightly modified by European elements. The most important foodstuffs contributed by European culture are beef, pork, sugar, rice, chickens, eggs, and milk. Less important contributions are potatoes, lima beans, wheat flour, chick-peas, citrus fruits, and spices. The maize-squash-beans complex remains, however, the basis of cookery. These staples were and still are cooked with *chiles* and tomatoes. Honey is still used as a sweetening, but has been largely supplanted by cane sugar. Cinnamon has displaced the native vanilla. The apparatus of cookery and the accompanying techniques are almost untouched by European influence. Maize is boiled with lime and ground on the *metate* to a dough which is the basis of a variety of foods. Chief among these is the *tortilla* (N. *tlaxcalli*), the inevitable griddle-bread which accompanies every meal both as a food and as an eat- 177
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¹ See Margaret Park Redfield, art., "Notes on the Cookery of Tepoztlán, Morelos."

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is to provide women with an excuse for visiting each other, and that it has extended their social life.

There are less than a dozen battery-operated radios in the village, and most of them have been purchased since 1944. There are also about 44 spring-driven phonographs.

DIET

As in rural Mexico as a whole, the basic diet of the people of Tepoztlán consists of corn, beans, and chile. Squash, which was reported by Redfield to be an important element in the food complex of Tepoztlán, is not part of the regular daily diet and is eaten only a few months of the year. The proportion of corn, beans, and chile in the diet varies sharply from family to family and depends upon the season, income, and food habits of the family. The consumption of corn, which is the major food staple, ranges from 10 per cent to as much as 70 per cent of the family diet. In general, the poorer the family, the higher the proportion of corn, beans, and chile in the diet.

Yellow corn is most commonly used in Tepoztlán, but blue and white corn is also locally grown and used. Corn is most frequently eaten in the form of tortillas and occasionally in the form of *atole* (gruel). Tamales made of corn dough are eaten at certain fiestas; corn *pozole* and corn *pinole* are known but are not characteristic foods in this village. The preparation of the corn dough or *nixtamal* with lime is the same in Tepoztlán as in other parts of Mexico. There is a wide variety of beans in Tepoztlán, but the most commonly eaten are red kidney beans cooked with lard, chile, and sometimes tomato and onion. Green chile, ground with onion and tomato, is prepared daily as a sauce to be eaten with tortilla and whatever other foods are served. *Chile pasilla*, a large dried red chile, is more expensive and is generally reserved for use in the fiesta *mole* sauce.

The basic diet is supplemented by many other foods which are either locally cultivated, gathered wild, or purchased in the stores and market place. Among the foods used in Tepoztlán are the following:

<i>xapote</i>	beans	honey
banana	avocado	spices
orange	hog plum	herbs
lemon, lime	<i>chirimoya</i>	beef
grapefruit	<i>mameys</i>	pork
<i>chayote</i>	papaya	chicken
<i>manzanillos</i>	mango	turkey
tomato	squash	milk
sugar cane	peanuts	eggs
<i>pitor</i>	coffee	cheese
acacia seeds	prickly pear	clotted cream

The fields, forests, and mountain sides provide many free foods the year round. There are several varieties of wild edible greens, which are important in that they